

# RETAINER CARE

## Congratulations!

You have successfully finished your orthodontic treatment! Now it falls to you to maintain your new beautiful smile.



## Check In With Your General Dentist

It is very important that you contact your family dentist for a cleaning and checkup as soon as possible after you get your braces off. A professional cleaning will contribute to the health of your teeth.

## Tooth Movement & Checkups

In the future, your face and bone structure will continue to change with maturity. So we want to keep an eye on things for the next year. We're going to have you come back to see us for three more quick checkups at 6 weeks, 6 months, and 12 months. In later years, it is not uncommon for some tooth movement or minor shifting to occur. So your retainers are your new best friends! Remember...nighttime for a lifetime.

## Permanent Bonded Retainer

If Dr. Luff recommends a permanent bonded retainer, then it is very possible that you have a small metal wire glued behind the back of your front teeth. This is to help keep particular teeth straight that are prone to relapse. However, retention is primarily accomplished by your nighttime retainers worn over top of the bonded retainers. You may need to use floss



threaders to clean between the teeth that have the wire.

Do not pull up on the floss, as it may pull the wire off.

Also you will want to avoid chewing or biting straight down on hard food that might loosen or break your bonded retainers.

## Repair/Replace Retainers

We guarantee bonded and essix retainers for one year. However, with good care, they should last quite a good long time. During that year, we will replace them at no charge if the damage is due to a defect in workmanship or if you have dental work done and they no longer fit. If you lose, break, or do not wear your retainers, there is a fee to repair/replace them. Please call our office within a day or two to get scheduled for new ones. If too much time elapses, tooth movement can occur requiring retreatment.



## Retainer Wear & Care

The long term success of your orthodontic treatment is dependent on your consistent wear of your retainers as directed

- NIGHTLY 8-10 HOURS
- 24 HOURS/7 DAYS A WEEK

until otherwise indicated by your orthodontist.



BRING YOUR  
RETAINERS WITH YOU  
EVERY CHECKUP!

## TAKING YOUR RETAINER OUT

Starting with your top retainer, begin in the back on one side and gently pull down. Then move to the other side and do the same. Do not pull directly from the front as this can produce undue pressure and cause the retainer to break.

## NUMBER ONE CONCERN

When your retainers are not in your mouth, they should be in their case! This will keep you from dently throwing them away. Also, please store your retainers far, far away from any pets! They love to eat them...



## THE GOLDBLOCKS ZONE

Your retainer can not get too hot or too cold as this will cause it to melt or crack. Never wash it in hot water or expose it to a heat source. Also, be careful not to leave it out in the cold weather for extended periods of time.

## KEEP IT CLEAN

Clean your retainers whenever you take them out to store at night. You can use a toothbrush and water, or mouthwash, dishsoap. A denture cleaner (like Efferdent) can be used monthly to remove any hard buildup.

## WHITENING

Keep your new smile bright and beautiful! Your retainers can be used as whitening trays. Whitening gel is available for purchase through our office.

Thank you for your cooperation in the success of your treatment. We look forward to seeing you at your future checkup visits. It has been a pleasure having you as a patient!



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